

## Care for Men 35–50



### Make sure your doctor knows:

- ☐ Your health history, including diseases, treatments, and operations you have had, and diseases and conditions that run in your family.
- ☐ Any medicines you take. This includes over-the-counter vitamins, food supplements, and herbs.

### Talk about the care you may need:

- ☐ Regular check-ups
- ☐ Immunizations
- ☐ Help to stop smoking
- ☐ Help with depression, stress or, other mental health issues
- ☐ Help to control drinking
- ☐ Vision care, including glaucoma screening
- ☐ Hearing screening
- ☐ Other: \_\_\_\_\_

### Ask about screenings you may need:

- ☐ Blood pressure
- ☐ Cholesterol
- ☐ Blood sugar (diabetes)
- ☐ Prostate exam
- ☐ Colorectal cancer
- ☐ STDs (sexually transmitted diseases) and HIV
- Other: \_\_\_\_\_

### Ask about these common concerns:

- ☐ Weight gain and diet
- ☐ Lack of exercise or injuries caused by exercise
- ☐ Sexual health
- ☐ Aspirin to help prevent heart disease
- ☐ Back pain
- ☐ Hernia
- ☐ Prostate cancer
- ☐ Other: \_\_\_\_\_

### Talk about any other issues that are bothering you:

- ☐ Problems communicating with your wife or partner
- ☐ Problems communicating with or disciplining your children
- ☐ Anger or violence at home or work
- ☐ Other: \_\_\_\_\_